

## **Nourishment for the Neshama**

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**Sunday, January 06, 2013**

### **Who did Hashem create us to be? Understanding pleasure and how to reach it from this world**

Difficulty and ecstasy come from different sources -difficulty comes from apparent lack of pleasure and good and ecstasy comes from intrinsic reality. The ecstasy coming from intrinsic reality and devekus can only be reached with comprehension that emotional and physical difficulties are subjective reality and not intrinsic reality. Emotional and physical difficulties then are really just providing the subjective material for the soul to be in a constant state of willingness to bring the "offering." For the soul to be in a constant state of willingness to bring the offering, the soul is in a love relationship with Hashem at every moment, like Rabbi Akiva.

Let us strive to develop clear boundaries on our sense of separate identity – crucial becomes a shift regarding the source of our self esteem. In order to accommodate the intrinsic reality of being souls in a body, self-esteem shifts to the quality of our love relationship with Hashem (including awareness that our needs and survival are completely within His wisdom to provide), and our moment by moment choices to exert effort to serve Him lovingly from that place of relationship, with full awareness (no doubt, no excuse for Hashem to send an attack by Amalek) that intrinsic reality is Hashem echad.

Let us activate our emotions in ahavas Hashem when experiencing negative feelings with the clear intention of over-riding the subjective negative reality, for this represents service to Hashem. That heartfelt ahavas Hashem becomes our expression to Hashem that we know He is the source of all (and it is fine to also know that He can totally take care of everything we need.) As His partner in creating influence in the world, out of loving relationship with Him, when we have subjective negative impulses, we request (with complete understanding of His purpose in creating us with an apparent separate existence) that the vivifying force be extracted from the negativity (thereby nullifying every force and power ) and be added to our love for Him, with all our heart, with all our soul and with all our might.